

# **Cookbook for Lakeland Intermediate School**

**Created by HPS Menu Planner**

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# Hot dog

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37445
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
FRANKS TKY UNCURED 2Z	1 Each	656882
BUN HOT DOG WGRAIN WHT 1.5Z 12-12CT	1 Each	266536

## Preparation Instructions

Frank:

Defrost product under refrigeration for 24 hours. Product should be used within 5 days of thawing. Heat on griddle or in convection or conventional oven for 10-14 minutes.

Assembly: Place 1 frank in hot dog bun.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	9.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	1.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32632
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
American Cheese Sliced RF	1 Slice	666204
BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	1 Each	676151
TURKEY HAM SLCD	2 1/2 Ounce	556121

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	216.70		
<b>Fat</b>	7.08g		
<b>SaturatedFat</b>	2.48g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	56.52mg		
<b>Sodium</b>	737.16mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	18.94g		
<b>Vitamin A</b>	30.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	120.00mg	<b>Iron</b>	1.59mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli & Cauliflower

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37448
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
Cauliflower FR 9-12 CT- Graves County Schools	1/4 Cup	16W41
Broccoli Florets CHL 4/3 LB BG- Graves County Schools	1/4 Cup	16W37

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	14.00
<b>Fat</b>	0.08g
<b>SaturatedFat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.00mg
<b>Carbohydrates</b>	2.32g
<b>Fiber</b>	1.40g
<b>Sugar</b>	0.52g
<b>Protein</b>	1.28g
<b>Vitamin A</b> 624.00IU	<b>Vitamin C</b> 32.40mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.30mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	12.35		
<b>Fat</b>	0.07g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	12.35mg		
<b>Carbohydrates</b>	2.05g		
<b>Fiber</b>	1.23g		
<b>Sugar</b>	0.46g		
<b>Protein</b>	1.13g		
<b>Vitamin A</b>	550.27IU	<b>Vitamin C</b>	28.57mg
<b>Calcium</b>	14.11mg	<b>Iron</b>	0.26mg

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# Carnitas Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32985
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
COMMODITY PULLED PORK BBQ IN TRADITIONAL SAUCE	4 Ounce	122315
Shredded Cheddar Cheese	1 Ounce	100003
TORTILLA FLOUR 8IN	1 Each	713330

## Preparation Instructions

Pork:

Reheat in oven at 350 degrees F for 30 minutes or until internal temperature is 160 degrees F.

Assembly:

place 8" tortilla on deli paper, add 4oz pork and 1 oz shredded cheese. Fold tortilla and wrap in paper.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	464.91
<b>Fat</b>	23.34g
<b>SaturatedFat</b>	11.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	86.70mg
<b>Sodium</b>	889.83mg
<b>Carbohydrates</b>	37.20g
<b>Fiber</b>	1.81g
<b>Sugar</b>	14.77g
<b>Protein</b>	26.82g
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 40.10mg	<b>Iron</b> 1.89mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Club Fold Up

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37446

## Ingredients

Description	Measurement	DistPart #
TORTILLA FLOUR ULTRGR 8IN	1 Each	882700
DRESSING RNCH HMSTYL	1 Fluid Ounce	223158
TURKEY HAM SLCD	1 Ounce	556121
TURKEY BRST SLCD WHT 1/2Z	1 1/2 Ounce	244190
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Lay out flour tortillas on a clean work surface. Cut from middle of tortilla to edge. Squirt ranch in circles on tortilla. Lay ingredients as listed (turkey, ham, cheese) each in 1/4 of tortilla. Fold over quarters stacking as you go.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	412.68
<b>Fat</b>	24.38g
<b>SaturatedFat</b>	7.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	64.61mg
<b>Sodium</b>	963.86mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	21.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.50mg	<b>Iron</b> 2.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bologna & Cheese Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29516
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
BOLOGNA STICK	1 1/2 Ounce	330493
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545
CHEESE AMER 160CT SLCD	1 Slice	150260

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 1.5 oz. of bologna and 1 slice of cheese on each bun. Place the top of the bun on cheese.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.75mg
<b>Sodium</b>	847.50mg
<b>Carbohydrates</b>	22.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 112.94mg	<b>Iron</b> 1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32991
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	501861
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Chicken patty:

BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.

Assembly: Place chicken patty on hamburger bun.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	580.00mg		
<b>Carbohydrates</b>	32.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt Bundle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25855
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
CHEESE STRING MOZZ IW	1 Each	786580
YOGURT DANIMAL STRAWB N/F	4 Ounce	885750
CRACKER ANIMAL WGRAIN	1 Package	682840

## Preparation Instructions

Place all 3 items in a bag. Seal. Place in refrigerator until serving time.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	9.50g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 298.00mg	<b>Iron</b> 0.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Brunch for Lunch Fr Toast

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43403
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
SYRUP PANCK BKFST	1 Each	425700
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
FRENCH TST STIX WGRAIN	3 Each	548732

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	340.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	155.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	54.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	27.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	1.97mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini Corn Dogs

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32441
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
CORN DOG TKY MINI .67Z	6 Each	722301

## Preparation Instructions

Corn dog:

Cook from thawed or frozen state. Product is precooked. Bake on 350 for 5-10 minutes until temperature reaches 160 degrees.

Serve: 6 pieces

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	266.70		
<b>Fat</b>	10.70g		
<b>SaturatedFat</b>	1.90g		
<b>Trans Fat</b>	0.11g		
<b>Cholesterol</b>	34.00mg		
<b>Sodium</b>	364.70mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.90g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	9.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.00mg	<b>Iron</b>	1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14307
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

## Preparation Instructions

Spread out the bottoms of hamburger buns on cutting board or sheet pan paper. Place 2.75 oz. of turkey on each bun. Place the top of the bun on sandwich.

Place sandwich in baggy or layer the sandwiches in pan with a piece of paper in between each layer of sandwiches.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	550.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 1.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Frito Pie

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37217
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
TURKEY TACO MEAT FC	3 Ounce	768230
CHIP CORN	1 3/4 Ounce	210170
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250

## Preparation Instructions

Heat taco meat to 160 degrees in 2" hotel pan. Top with cheese and corn chips. Hold at 140 degrees Serve with sour cream and salsa

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	499.63
<b>Fat</b>	31.48g
<b>SaturatedFat</b>	10.12g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	84.82mg
<b>Sodium</b>	788.94mg
<b>Carbohydrates</b>	30.99g
<b>Fiber</b>	1.75g
<b>Sugar</b>	0.00g
<b>Protein</b>	24.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 253.93mg	<b>Iron</b> 1.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pinwheel Hawaiian

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37447

## Ingredients

Description	Measurement	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	644182
SAUCE TERYK	1 Tablespoon	895868
TURKEY HAM SLCD	2 1/2 Ounce	556121
PINEAPPLE TIDBITS IN WTR	1/4 Cup	612464

## Preparation Instructions

Lay out flat bread on a clean work surface. Spread with teriyaki sauce. Lay ham on half and pineapple on half of bread and roll. Cut in 1" wheels.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	309.19
<b>Fat</b>	9.08g
<b>SaturatedFat</b>	2.13g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	49.02mg
<b>Sodium</b>	1105.66mg
<b>Carbohydrates</b>	39.60g
<b>Fiber</b>	3.07g
<b>Sugar</b>	11.22g
<b>Protein</b>	18.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 27.92mg	<b>Iron</b> 2.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bosco and marinara Jr/Sr

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32440
<b>School:</b>	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	DistPart #
BREADSTICK CHS STFD	2 Each	432180
SAUCE MARINARA DIPN CUP	1 Each	677721

## Preparation Instructions

### Thawing Instructions

1. Thaw before baking.
2. Keep Bosco Stick breadsticks covered while thawing.
3. Bosco Stick breadsticks may be thawed in packaging.
4. Bosco Stick breadsticks have 8 days shelf life when refrigerated.

### Convection Oven

1. Preheat oven to 400° F.
2. Place Bosco Stick breadsticks on a baking sheet.
3. THAWED: 6-8 minutes.
4. Let stand 2 minutes before serving.

### CAUTION: FILLING MAY BE HOT!

1. Oven temperatures may vary. Adjust baking time and or temperature as necessary.

Serve 2 sticks with 1 marinara cup.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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Amount Per Serving			
Calories	490.00		
Fat	15.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	860.00mg		
Carbohydrates	64.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	428.00mg	Iron	4.70mg

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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# PB & J w/Cheese Stick

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-14864
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
JELLY APPLE-GRAPE	1 Tablespoon	100927
CHEESE STRING MOZZ LT IW	1 Each	786801
BREAD WHL WHE PULLMAN SLCD	2 Each	710650
Peanut Butter, Smooth	1 Fluid Ounce	100396

## Preparation Instructions

Assembly:

Spread 1 T. Jelly on a Slice of Bread. Spread 2 Tbsp. of Peanut Butter on other slice of bread. Place the 2 slices together.

Cheese Stick must be offered with sandwich to meet the weekly M/MA requirement.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	570.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 278.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wrap - Chicken Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25843
<b>School:</b>	Lakeland Primary		

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ICEBERG/ROMN	1/4 Cup	600504
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	150250
CHIX STRP FAJT DK MT FC	2 7/10 Ounce	860390
TORTILLA FLOUR ULTRGR 9IN	1 Each	523610
DRESSING RNCH HMSTYL	1 Tablespoon	223158

## Preparation Instructions

Lay the tortilla shell on cutting board, squirt a strip of ranch sauce down center, top with lettuce, 2.7oz strips chicken fajita meat, top with .5 oz. shredded cheese.

Roll edges of tortilla in then roll like a burrito. Place wrap in baggie and seal. Keep in refrigerator until serving time.

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

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Amount Per Serving	
Calories	377.25
Fat	18.55g
SaturatedFat	7.05g
Trans Fat	0.00g
Cholesterol	84.50mg
Sodium	682.00mg
Carbohydrates	33.30g
Fiber	4.25g
Sugar	2.75g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 112.85mg	Iron 3.15mg

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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Brunch for Lunch Hashbrown

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43628
<b>School:</b>	Lakeland Intermediate School		

## Ingredients

Description	Measurement	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Each	184970
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each	402126

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available